

FAMILY RESOURCES

Families may want to visit mass.gov and/or cdc.gov for a more comprehensive list of resources. This page on Family Resource Centers also has great information and it offers multilingual resources: <https://www.frcma.org/>. Another great resource site is anthembcbs.auntbertha.com; at this site you can enter your zip code and get information on local food, housing and other resources.

Health Insurance:

- www.hcfama.org/helpline
- www.hcfama.org/es/helpline-la-linea-de-ayuda
- www.healthcare.gov

Food Security:

- SNAP application: <https://www.mass.gov/how-to/apply-for-snap-benefits-food-stamps>
- Projectbread.org at <http://www.projectbread.org/get-help/foodsource-hotline.html> or 800-645-8333
- Local food pantries

Housing and Utilities Assistance, Other:

- MA 2-1-1, Dial 211 or visit www.helpsteps.com/hs/home/#/

Mental Health:

For counseling services:

- Interface Referral Service (must inform them that your student attends school in Franklin): Call 888-244-6843 or visit <https://interface.williamjames.edu/>
- Transitions Counseling Service, Franklin and Norfolk: Call (781) 742-4515 or visit <https://transitionscounselinginc.com/>
- About Counseling Services: Call 508-528-6037 or visit <https://transitionscounselinginc.com/>
- CCBC: Call 508-828-9116 or visit <https://www.comcounseling.org/services/child-and-family.php>
- South Bay Mental Health: Call 508-427-5362 or visit <https://www.southbaycommunityservices.com/>
- JRI Health: Call 508-222-7525 or visit <https://jri.org/services/behavioral-health-and-trauma/snebhtc>
- You Inc. (for families living in Franklin, Medway, Bellingham): Call 1-855-4YO-UINC or email CentralReferral@youinc.org
- Riverside Counseling Services: Call Milford (508-529-7000) or Norwood (781-769-8670) or <https://www.riversidecc.org/child-family-services/outpatient-counseling-medication/>
- Psychology Today: <https://www.psychologytoday.com/us/therapists/massachusetts>
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For a variety of related services for families with a loved one diagnosed with a mental illness:

- www.namimass.org

For mental or behavioral health crisis evaluation:

- Riverside Milford (800-294-4665)
Serving Bellingham, Blackstone, Franklin, Hopedale, Medway, Milville +
- Riverside (South/West Boston) (800-529-5077)
Serving Dover, Foxboro, Medfield, Millis, Norfolk, Plainville, Walpole, Wrentham +
- CCBC ESP Crisis Line (800-660-4300) or (508-285-9400)
Serving North Attleboro, Attleboro
- Confidential, free, multilingual: Disaster Distress Helpline (800-985-5990) or text TalkWithUS to 66746, Crisis Text Line "Brave" to 741-741 or National Suicide Prevention Hotline Call 1-800-273-TALK (8255)

Domestic Violence:

- For a 24 hour crisis helpline, call Safelink at 877-785-2020, New Hope at 800-323-4673 or Dove at 617-471-1234

Substance Abuse Resources:

- SAFE Coalition: Call at 508-4880 8105 (Support Hotline) or 774-847-9474 (Office) or visit <https://www.safecoalitionma.org/home>
- Massachusetts Substance Use Helpline at (800) 327-5050 or www.helpline.org
- Vaping: <https://www.mass.gov/facts-no-filters>